

# Food groups & the nutrients they provide

The following table gives a broad indication of the main nutrients supplied by each food group. Not ALL of the foods within each group will contain these nutrients.

FOOD GROUPS	PROVIDES
<b>Vegetables and fruits</b> (includes fresh, frozen, canned & dried)	<b>Carbohydrates</b> - especially complex (fruits may be high in simple carbohydrates or sugars) <b>Dietary fibre</b> - soluble and insoluble <b>Vitamins</b> - especially <b>A</b> – yellow and dark green vegetables, <b>C</b> – green vegetables and most fruits, potatoes <b>Folate minerals</b> - magnesium, potassium
<b>Breads and cereals</b> (includes all breads, grains, rice & pasta)	<b>Protein</b> <b>Carbohydrates</b> - especially complex <b>Dietary fibre</b> - soluble and insoluble <b>Vitamins</b> - <b>B</b> (except B12), <b>E</b> – wheat germ <b>Minerals</b> - magnesium, calcium, iron and zinc – wholegrain wheat products
<b>Milks and dairy products</b> (includes cheese, yoghurt & ice-cream)	<b>Protein</b> <b>Fats</b> - higher proportion of saturated fats than polyunsaturated fat or monounsaturated fat <b>Minerals</b> - especially calcium, phosphorus, zinc <b>Vitamins</b> - riboflavin, <b>B12</b> , <b>A</b>
<b>Lean meats, poultry, fish, eggs, nuts, seeds and pulses</b>	<b>Fat</b> - both visible and marbled in meat, saturated fat, cholesterol <b>Complex carbohydrates</b> - dried beans and peas <b>Vitamins</b> - <b>B12</b> , niacin, thiamin <b>Minerals</b> - iron, zinc, magnesium, copper, potassium, phosphorus and selenium

Examples of single serving sizes are given in the table below:

<b>Breads and Cereals (preferably wholemeal/grainy)</b>	<b>Fruit</b>
1 medium slice bread (26g)	1 medium apple, pear, banana, orange, kiwifruit
1 roll (50g)	2 small apricots or plums
1 muffin (80g)	1/2 cup fruit salad
1/2 cup cooked cereal/porridge	1/2 cup stewed fruit
1/2 cup muesli (preferably untoasted) (55g)	1/2 cup fruit juice
1 cup cooked pasta	1 medium slice melon
1 cup cooked rice	1/2 can fruit
2 plain sweet biscuits	
1 small pita	
3 crackers	
1 cup popcorn	
1 medium potato	
1 medium sweet potato/kumara <sup>1</sup>	
1/2 cup sliced	
<b>Fats and Extras</b>	<b>Vegetables</b>
2 teaspoons margarine, oil or butter	1/2 cup cooked vegetables
1 tablespoon mayonnaise	1/2 cup salad (mayonnaise or ordinary dressing belongs to fat group)
3 tablespoons coconut cream	1 tomato
1/2 cup coconut milk	1 medium carrot
25g chocolate	
1/2 cup potato crisps	
<b>Meat, Chicken, Seafood, Pulses</b>	<b>Dairy Products</b>
2 slices cooked meat (90g)	250ml milk (Super Trim, Trim, Calci Trim or Sun Latte)
1/2 cup mince or casserole meat	150g yoghurt – low fat
1 medium steak (90g)	2 slices cheese (40g)
1 medium fish fillet	2 scoops ice-cream (140g)
1/2 can fish (preferably in water/brine)	
1 chicken leg	
3/4 cup cooked dried beans or lentils	
1/2 cup hummus	

<sup>1</sup> For purposes of healthy eating guidelines, potatoes, other tubers and bananas are included in the carbohydrate/ cereal and grains section as they are relatively energy dense with complex carbohydrate and low in water, vitamins and minerals.